



Mount Everest 2010

Expedition Notes

All material Copyright © Adventure Consultants Ltd

During the spring season of 2010 Adventure Consultants will operate its seventeenth expedition to Mount Everest via the South Col from Nepal.

This expedition will bring together the very best components in high altitude guiding to attempt Mt Everest. Calling on our many years of experience, our very qualified guides and Sherpa crew offer the most seasoned team in the industry and the most professionally run expeditions available. We can quite confidently say that our expedition offers you the most resources, the highest guide/Sherpa to client ratio with the best equipment, food and base camp support of any expedition operator making Adventure Consultants the best value for money.

If you have a desire to stand on the highest summit in the world, this is an exciting opportunity and Adventure Consultants can provide you with an excellent chance of achieving that goal. We believe the ascent should be made in the best style possible, a philosophy that has seen us help our expedition members achieve many successful ascents and given us the best reputation in the arena of expedition guiding.

The Adventure Consultants Everest Team

Logistics

The 2010 expedition is being organised by Guy Cotter, the director of Adventure Consultants and a veteran of 18 years of Everest expedition guiding and organisation. With technology constantly evolving, Adventure Consultants have kept abreast of all the new techniques and equipment advancements - encompassing the latest in weather forecasting facilities, equipment innovations and communications systems. Everest is not the place to be with an organisation that is 'learning the ropes', there is too much at stake for that. Adventure Consultants expedition staff, along with the operations and logistics team at the head office in New Zealand, provide the highest level of backup and support to the climbing team in order to maximise your chances of success. This is coupled with a very strong expedition guiding team and Sherpa contingent, who, you will come to see, are second-to-none in the industry.

The Expedition Leader

The expedition leader for the 2010 expedition is IFMGA qualified guide Mike Roberts who has an impressive history on Everest and other expedition peaks around the world. Three times Mike has summited Mount Everest and on two other occasions has forgone his summit to assist other members. He has successfully led expeditions to Aconcagua in South America and has 12 ascents of Denali in Alaska to his name. His other mountaineering accomplishments include Vinson Massif in Antarctica, Gasherbrum II in Pakistan, Cho Oyu in Tibet and Muztagh Ata in Western China. He has also managed to fit in 14 seasons mountain and ski guiding in the Southern Alps of New Zealand, 10 seasons in Antarctica as a Field Leader / Guide to the USA Antarctic Program, has worked as a Professional Ski Patroller / Avalanche Forecaster and is a qualified Physiotherapist.

Add Mike's calm and welcoming personality, and attention to detail to the picture, and you have a very personable and experienced Guide and Expedition Leader who is passionate about seeing his clients achieving their goals as is reflected in the accolades he receives from his past clients.

Expedition Guides

Our international guiding staff are some of the best in the industry. You will find the Adventure Consultants mountain guides companionable and strong expedition leaders with considerable abilities and a willingness to see you achieve your goals. The number of guides is determined by the team size but the normal ratio of guides to members is 1:3.

Ang Dorjee Sherpa

Summitting Everest initially with us in 1992, Ang Dorjee has moved on to achieve 17 ascents of 8000m peaks including Everest 13 times! His skills as a climber are legendary. Ang Dorjee is originally from Pangboche Village in the Khumbu Valley of Nepal, but he now lives in the USA. He guides on Mt Rainier, and recently led Aconcagua and Kilimanjaro expeditions for Adventure Consultants and guided on our Everest 2008 and 2009 Expedition.

Mark Sedon

When he's not guiding in the mountains around the globe, Mark maintains the role of Operations Manager for Adventure Consultants. Mark has led and guided several successful expeditions to Nepal including success on Everest, Ama Dablam, Cho Oyu, Lobuche East, Island Peak and Mera Peak. He has also guided the volcanoes in Ecuador, Aconcagua in Argentina, Denali in Alaska, on our Antarctic Peninsula yacht based ski and climbing expedition and most recently on Elbrus in Russia, Mt Blanc in France, Vinson in Antarctica and Carstensz in Indonesia.

Sherpas

Our Sherpa team has dozens of Everest summits between them. Ang Tshering Sherpa is the Expedition Sirdar who has directed our Sherpa staff since 1992 bringing with him considerable knowledge and experience. As a consequence of his leadership we have a legendary group of Climbing Sherpas who operate in a harmonious atmosphere of cooperation and commitment to the expedition and its members. Our group of climbing Sherpas is enthusiastic, motivated and regarded as the strongest and most cohesive group of Sherpas on Mt Everest. It is indicative of

the reputation that our Sherpa team has earned - that Sherpas from other expeditions enthusiastically pursue a future position with the AC team.

Our cooking staff are very well known for the quality of the cuisine they produce and as a consequence are coveted by other team leaders due to the reputation they have established. We have been developing the personnel within our Sherpa team for 15 years and they are an integral part of the Adventure Consultants Team.

What it takes to climb Mount Everest

The South Col route on Mount Everest is not an especially technically difficult climb - nor is it the "Yak Route" some non-Everest climbers have termed it. However it is imperative that expedition members are well versed in the latest techniques and have experience in the high mountain environment.

What the photographs do not show are the difficulties of operating at these extreme altitudes. It is a physically demanding ascent, requiring enormous determination and stamina. An expedition to Everest is not a place for those who will give up when the going gets uncomfortable or strenuous. Days can be up to 15 hours long, loads that you are carrying can sometimes reach 20kg, but this is all part of the process of climbing Everest.

The outcome of the expedition will be determined by three broad groups of factors. The first is environmental (weather and snow conditions, etc). The second is the logistical approach taken by the expedition leaders and the strategies employed to embark on a summit bid. The third is your own preparation in the years prior to the expedition and how you perform whilst the expedition is under way. We can help design a training program that will both physically and mentally prepare you for the climb but you need to commit the time and energy to ensure you attain the correct conditioning.



We *know* that the success of an expedition is determined by factors that are planned well in advance of the outset of the actual climbing. During our 14 previous seasons on Mount Everest we have observed many other groups attempting to climb the mountain. Many try to emulate our strategies without committing to the level of resources that we provide.

Every step of the way, our office staff will be there to answer your questions. If they can't, they will be happy to put you in touch with one of our Senior International Guides who will have first hand knowledge of the climb.

We recognise that no amount of finely tuned organisation will guarantee anyone the summit of Mount Everest. However, we do believe that our experience, combined with your enthusiasm and determination, will provide you with the best possible chance of standing on top of the world. Our track record on Everest is unmatched with over 152 people reaching the summit!

How do I choose between the various expedition providers?

It is very important to us that the climbers who join our team have expectations that are compatible with the program we offer and the style of expedition we run. We don't want to merely 'fill our expedition' but instead we want a team membership of *companionable people who are focused on reaching the summit in good style with the highest level of support and safety standards as can be provided by a guiding service on Mt Everest accompanied by the best standards of food and equipment that is attainable.*

So what is the difference between us and the rest? We could make a lot of claims about how much better we are than the rest but it is our clients who are the best judge. We are happy to put you in touch with some of our past clients who are so impressed that they have offered testimonials so please contact us for their contact details.

Which route? North or South?

The South Col route from Nepal offers the best chance of success for most climbers. High royalty fees by the Nepalese government have created a large disparity between the costs of Everest expeditions from Nepal and Tibet. Since the Beijing Olympic games in 2008, entry to Tibet has been problematical and expeditions entering Everest on the Tibetan side will doubtless encounter delays and disruptions.

We encourage you to research details about both sides of the mountain. People will argue the virtues of either of the two approaches. However, we maintain that the 'entire package' of the Nepal side makes it the preferred option: the delightful approach through the Sherpa homelands via the Khumbu valley, enjoying Sherpa hospitality in modern lodges with good food, and all the while being impressed by the spectacular scenery of the incredible peaks of the lower Khumbu.

The Khumbu icefall has a fearsome reputation and it is indeed a phenomenal route to climb. Yet it is an integral characteristic of the south side that it is a 'climbers route' that requires a mountaineer to be well skilled in the use of crampons and ice axe. The Western Cwm is renowned for its phenomenal views of Lhotse, Nuptse, Pumori and Cho Oyu and our Camp 2 is situated directly beneath the imposing black hulk of the notorious Southwest face. As one climbs higher up the route to South Col the views become even more outstanding with incredible vistas along the Himalayan chain and out towards the lowlands of Nepal. We ascend 900m from the South Col on summit day via moderate snow slopes with the occasional rock step to climb over. As we approach the South Summit the dawn breaks to reveal astounding views from Kanchenjunga in the east to Shishapangma off to the west with all the peaks of the Khumbu well below us. The traverse along the summit ridge is exposed and exciting. When we make our way up the Hillary step we can look 2,400m straight down onto our Camp 2 in the Western CWM and 3000m down the opposite side of the ridge into Tibet! The summit itself provides ample space for the obligatory summit photo and is a time to reflect on the journey thus far. For many it is one of the most poignant moments of a life time.

After the summit we descend via the same route, losing height quickly and generally we arrive back at the South Col some 3-4 hours after leaving the summit. On the north side climbers must do a long traverse and it is this feature where climbers cannot lose elevation quickly that can cause the demise of tired climbers, especially those who have run out of oxygen.

We only climb on Everest during the spring season because the weather becomes progressively warmer and the days longer. Winter winds have already scoured away much of the snow, which significantly reduces the snow avalanche hazard as well. Contrast this with the fall. Typically as the expedition goes on, the days get shorter and colder with more snowfall. Consequently very few expeditions are undertaken in the fall and those that do have quite a low percentage chance of success.

By the time you first arrive at Base Camp at the foot of the Khumbu Icefall, a route will already be established with ropes and ladders through to Camp 1. Our strong Sherpa team will be busily involved in ferrying loads of equipment up the mountain. After a few days acclimatisation at Base Camp you will climb through the Icefall to Camp 1 and rest there for a day. The following day you will continue up the more gentle slopes of the Western Cwm to Camp 2 to rest and acclimatise for several more days. A day-climb up the Lhotse Face towards Camp 3 will complete this first foray before returning to Base Camp. During this time the guides and Sherpa climbers will be establishing the higher camps and stocking these with bottled oxygen for the summit climb.



The second trip on to the mountain will involve sleeping one night at Camp 3 for acclimatisation before returning to base camp for a rest period. In a perfect scenario, weather and health would remain constant, and these two trips up the mountain would take around 3 weeks. In reality, factors such as weather can add several days to the acclimatization process.

The most likely time for our summit climb will be between 15 and 25 May (*previous summit dates 10 May 1990, 12 May 1992, 10 May 1993, 9 May 1994, 10 May 1996, 23 May 1997, 15 May 2000, 16 May 2002, 18 May 2003, 27 May 2004, 19 May 2006, 21 May 2007, 24 May 2008, 19 May 2009*). We will climb through the established camps with lightweight packs and climb to Camp 4 on the South Col. All climbers will be sleeping on bottled oxygen before setting out for the summit, carrying only very lightweight Russian oxygen bottles. Sherpas and Western guides will accompany all members during the summit climb.

Max Ox and Additional Sherpa support

AC offers a "Max Ox" option that allows the maximum flow rate possible while on oxygen. Many have found this critical to their success on the mountain and in the last 2 seasons that we have offered this option our success rate has increased dramatically while the response from clients has been phenomenally positive.

On our standard expedition package climbers are provided with 2 litres of oxygen per minute for the climbing days above camp 3. We also provide sleeping oxygen at 1 litre per minute at camp 3 and camp 4 (on the summit phase) and we have enough oxygen to wait a day at the south col, camp 4, before attempting the summit.

With the '**Max Ox**' option providing 4 litres of oxygen per minute for climbing, climbers have reported having better energy levels, a better appetite and more warmth, a higher degree of strength and greater enjoyment on summit day than those without. They also enjoy a higher rate of success.

Another service we offer is '**Additional Sherpa Support**'. This option enables climbers to forego the carrying of heavy packs which is often very debilitating at high altitude. For some climbers, the long climb with a pack up to the top camp at South Col can leave them too exhausted for summit day and hence this service can also greatly enhance your summit opportunity.

In order to provide the best range of options to our expedition members, we offer a special option combining **Max Ox and Additional Sherpa Support** into one package with a favourable price.

Our recent experiences show that for those who really want to maximise their chance of success then the **Max Ox and Additional Sherpa Support** allows the best option for ensuring you only need to attempt Mt Everest one time!



We are also able to offer **Privately Guided Expeditions** where you have the services of a top AC western guide as well as your own Sherpa support team to work exclusively with you on the expedition to ensure your needs are best met. AC have been fortunate to work with many privately guided groups over the years with exceptional results.

You may also like to talk to us about other options such as an Everest Traverse S-N, personal communication systems, or the provision of a personal tent on the mountain.

For more information, please contact our office for details.

Your Health

AC is the **ONLY** expedition team on the Nepal side of Everest that provides a dedicated doctor for the team! All other teams use a generic medical provider whilst our doctor is there primarily for you and your team mates. The doctor will monitor your overall health throughout the expedition and our medical equipment and provisions are there to provide for your health care needs.

Ample resources will be on call to support each and every climber, not just the first team or fittest members. Remember, this is an expedition led by guides who have already climbed Mount Everest and whose job it is to look after your interests. This should not be confused with a "professionally led" expedition where often you may be buying a place in a team with fewer support services and led by climbers who are attempting the summit primarily for themselves. There are also "Sherpa led" expeditions where you are placed in the hands of a Sherpa for the climb. This can seem alluring, especially when some expedition operators will encourage you to join so they can fill their available spaces but too often these are expeditions with over 20 members! The Sherpas are not trained in medical techniques and are often reluctant to act effectively in situations requiring urgency. This is where the skills and experience of your western guide becomes invaluable. Too often expedition members find out the deficiencies of their guides/operators when things begin to go wrong and that is usually too late.

The level of climbing skills required

There is no definite measure for assessing the required skill level to climb Mount Everest so we like to discuss this on an individual basis. However, there are some broad guidelines that can be applied from the outset.

A successful team member will have been visiting the mountains for at least five seasons and made ascents of peaks up to 18-20,000 ft (5,500 - 6,000 metres). It is quite common for members to have previously climbed Mount McKinley in Alaska, Aconcagua in South America and various Mexican volcanoes as training for Everest.

He/she will be familiar with crevasse rescue and glacier travel techniques and have a good overall standard of fitness. There will ideally be a broad set of climbing skills from basic rock climbing to advanced cramponing on snow and ice to strong rope skills such as rappelling and rope ascending.

Age itself is no barrier. To date we have succeeded on Everest with members aged from 25 to 56 years of age.

A fierce determination and a burning desire to climb the mountain are essential prerequisites for this expedition. The guides and other expedition staff will provide the leadership, tactics and overall decision-making required during the climb but you will still have to physically put one foot in front of the other to make it to the top and back.

We recommend that prospective members undertake another expedition with us before attempting Mt Everest. Your ability to reach Everest's summit may be dictated by your understanding of how your body responds to very high altitude and ascending other, less demanding, peaks at high altitude will increase your confidence and enhance your judgement during that summit day on Everest. For example, Cho Oyu from Tibet is an excellent venue to learn about the problems of extreme high altitude, without the time or financial commitment that Everest requires.

Team membership

The team will have a **maximum size of three guides and nine members.**

The base camp will be staffed by a medical doctor, base camp manager and Sherpa kitchen crew, usually totalling seven to ten people depending on group size.

A team of between twelve and eighteen climbing Sherpas will carry loads and support the summit climb. Adventure Consultants have a ratio of at least one Sherpa for each team member or guide per person on summit day.

Sherpa cooks will occupy Camp 2 in the Western Cwm for the duration of the expedition. Their role is not only to provide us with tasty meals, but also to maintain the integrity of Camp 2 during inclement weather. Often our assistant cook will trek down to meet us en route from Camp 1 with tea or juice!

Itinerary

Following is an ideal itinerary for our Everest Expedition:

March 30 2010	Arrive Kathmandu, Nepal.
April 1	Fly to Lukla
April 1 - 9	Trek to Base Camp
April 10 - May 4	Establish camps and acclimatise
May 5 - 12	Rest Period
May 13 - 25	Summit Climb Period
May 26 - 27	Clean up and depart Base Camp
May 27 - June 1	Trek to Lukla
June 1	Fly from Lukla back to Kathmandu
June 2	Depart Kathmandu

Please arrive into Kathmandu by the afternoon of March 30 as we have our fist team briefing that very evening. Our permit for climbing Mt Everest allows us to stay on the mountain into June. We strongly suggest that you keep your homeward flight open dated and flexible so that we can extend into the latter part of May for a summit attempt if need be. We have June 2 as the probable finish date for departing from Kathmandu.

Visas

Expedition members will need to arrange their own entry visa into Nepal. This can be organised by a Nepalese Embassy or Consular office in your own country or at Kathmandu Airport on arrival in Nepal. Currently the easiest and best place to obtain a visa is on arrival at Kathmandu Airport. Visa application forms are handed out on flights into Kathmandu or they can be downloaded off the web. You will need to get a 90-day visa. Once in Kathmandu, the expedition's agent will provide a trekking permit to match. If you choose to get your visa at the Kathmandu airport, you will need to have 1 passport photo handy.

The Expedition Fee

The cost of the expedition, ex Kathmandu, is \$ US 65,000. This is an inclusive cost and covers the following:

- 1:3 Western Guide ratio and 1:1 Sherpa Ratio on summit day
- Bottled oxygen
- Nepalese government royalty fees
- All expedition organisational requirements
- All climbing and trekking permits
- Air transport in Nepal
- All team equipment
- All expedition staff including Sherpa support
- All food whilst away from Kathmandu
- All supplies necessary to make a safe and strong bid for the summit
- Medical services from our Expedition Basecamp Doctor
- Base Camp e-mail and satellite phone facilities
- Internet dispatch page that is updated daily by guides and basecamp staff, and semi-hourly on summit day

The expedition fee **does not** include the following:

- Air travel to and from Nepal
- Max Ox and Additional Sherpa support
- Hotel accommodation and meals in Kathmandu
- Nepalese airport entry visas
- Bottled drinks, showers and laundry while trekking
- Personal clothing and equipment
- Personal Insurance/ Trip Cancellation Insurance/Medical Evacuation Insurance
- Actual satellite phone calls and e-mail costs
- Gratuities for guides and Sherpa staff

Payments

All payments should be made by bank transfer to the following bank and account:

**Bank of New Zealand
Offshore Branch
Wellington
New Zealand**

for the account of

Adventure Consultants Limited
Account # 1000-594771-0000

The corresponding USA bank of the Bank of New Zealand are **Citibank**.

Deposit

A non-refundable deposit of \$ US 15,000 is payable to secure a place on the expedition.

Balance

The balance of \$ US 50,000 is payable in two instalments of \$ US 25,000;

The first on 20 October 2009 and the second on 20 January 2010.

Cancellation & Refund Policy

An expedition member may cancel his/her participation on the following basis:

- a) prior to 20 January 2010 then on the basis of a 50% refund of the 20 October 2009 payment
- b) after 20 January 2010 but before departure to the mountain from Kathmandu then on the basis of no refund of any monies paid.

Team members should take out private insurance if they wish to be covered against cancellation due to medical or personal reasons. This is called trip Cancellation insurance and can be obtained from your normal travel agent.

Marketing

While the official name of the expedition will remain the "Adventure Consultants Everest Expedition 2010", you can for personal marketing purposes use another name if it will assist you in any way. You will also be completely free to enter into personal agreements with sponsors or supporters if you choose.

Communications

The expedition will be equipped with portable Thuraya satellite phone systems for the duration of the expedition in order to provide reliable email and voice communication globally for business, media or personal use. Limited Satellite phone time can be purchased at the rate of US\$3.00 per minute or per email. Our broadband satellite e-mail system will be available once the expedition is underway, and is charged on a KB, MB and GB status. Please contact our office for details.

Equipment list and Reference Notes

Expedition members will be sent a list detailing all necessary clothing and equipment to be individually provided, contained within a set of Expedition Reference notes with all the details for the trip. These notes provide extensive information on everything from suggestions of what type of camera to bring, to training advice for your expedition preparation.

Medical Examination and Insurance

Expedition members will be provided with a medical questionnaire by the expedition doctor and asked to visit their family physician to receive a full medical examination. This information will be sighted only by the expedition doctor and treated with full confidentiality. Advice on immunisations will be provided at this time. We also require members to have rescue insurance that can easily be found at www.ihl.com.

Passport Photographs

Expedition members will need to provide 6 passport-size photographs for various climbing and trekking permits.

How to join this expedition

If you would like to join the expedition please request an Expedition Application Form and forward along with your climbing résumé and the deposit. If you require more information please contact us at:

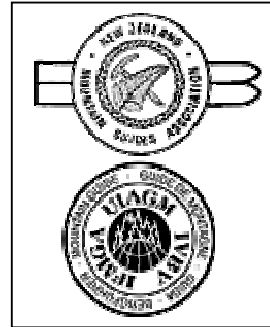
Adventure Consultants Ltd

PO Box 739
58 McDougall St
Wanaka, 9343
New Zealand

Ph + 64 3 443 8711 Fax + 64 3 443 8733

Email info@adventure.co.nz

Web www.adventureconsultants.com



Adventure Consultants – is affiliated to the New Zealand Mountain Guides Association (NZMGA), New Zealand Alpine Club (NZAC) and a corporate member of the American Alpine Club (AAC). Adventure Consultants perform to IFMGA standards and are world leaders in high altitude guiding.

All material Copyright © Adventure Consultants Ltd 2010